

Upstate regional cooking, rich in cultural heritage



Grinning artist-farmer from Vermont

A year ago, Hartford farmer, Armand Gauthier, decided to see what he could do with a chainsaw and some soft wood. Today his 150 chainsaw sculptures, all sharing the artist's grin, can be found in ski lodges, restaurants and homes from Vermont to Yugoslavia.

Sculpting with chainsaw

HARTFORD, Vt. (AP) — Most Vermont farmers use their chainsaws only to cut firewood. Then there's Armand Gauthier. Over the past year, his 45 cows have grown used to the screaming of his saw as he carves out a name for himself as a sculptor. He makes madly grinning

figures that resemble primitive Polynesian stone heads. About 150 hunker down in the snow on his front lawn. The sculptures are built entirely by chainsaw, without hand tools. They range in height from inches to nine feet. Gauthier calls them, his "children." Since he held an open house at

the farm last spring and began showing his work at flea markets and county fairs, samples have been sold to ski lodges, restaurants and homes from Vermont to Yugoslavia. Some of his figures hold lamps and magazines. Others are crowned with astrays. All are different, save the wide grins — which resemble the sculptor's.

A year ago, Gauthier says, he decided to see what he could do with a chainsaw and some soft wood. Today, he chuckles, "them crazy faces are lookin' at you everywhere."

The upstate New York area is blessed with one of the richest ethnic mixes in the country. Community names alone tell the story, as they conjure up associations with ancient Greece, far-off Russia, every part of Europe and, of course, the Indian nations that ruled our hills so long ago.

There is no better way to enjoy this cultural heritage than through the good food that all these groups contributed to our American "melting pot."

Aware that cooks like to try new dishes and to sample recipes from cuisines of the world, church and civic organizations throughout the area have put together interesting local cookbooks. As fund-raisers, they're ideal.

Here is a brief review of some samplings of these area collections. Two of these local recipes have been adapted by the makers of Mazola corn oil.

The "Many Lands Cookbook" was compiled by Binghamton's American Civic Association, a service center that, among other things, promotes racial, political and religious understanding between peoples. What better way to do so than through a mutual sharing of national dishes?

This collection proves that most national groups prepare good dishes all year 'round and very special ones at holiday time. Oliebollen (Apple-currant Doughnuts), for instance, is a Dutch New Year's treat made rather like fritters. They are colorful and rich with lemon, orange, citron, raisins, currants and apples and are good whether served hot or cold.

The recipe for Bride's Fingers is from the "Many Lands Cookbook." Lebanese cookies almost like candy, they are flavored with anise, a spice popular throughout much of the world, particularly in the Middle East. Their unusual name comes from the shape that is formed when the cookie dough is rolled thin, then wrapped around chopped nuts and sugar and cut into finger lengths.

Pumpkin Chip Cookies are adapted from "Our Daily Bread," a cookbook put together by the United Presbyterian Women of Penn Yan's First Presbyterian Church. Although they are made with pumpkin, a native American vegetable, it unlikely that the Indians ever taught early settlers how to make cookies that were anything like these. They are large and cake-like and blessed with both butterscotch and chocolate chips.

Like so many of the recipes from area cookbooks, these are "modernized" or "Americanized." But, this is part of the fun and joy of "melting pot cooking." Corn oil, for example, called for in each of the recipes, is a thoroughly modern ingredient made from another American native, corn. Corn oil contains no cholesterol and is high in polyunsaturates. Most authorities believe that polyunsaturated fats can help the body reduce its cholesterol level — one reason why doctors recommend reducing saturated fat and replacing some of it with a polyunsaturated fat such as corn oil.

OLIEBOLLEN Apple-Currant Doughnuts

2 cups self-rising cake flour
1-1/4 cups milk
1 Tablespoon margarine, softened

3 Tablespoons sugar
1 egg, slightly beaten
1/2 teaspoon salt
1/2 cup currants
1/2 cup golden raisins
1 Tablespoon chopped citron
1 Tablespoon grated lemon rind

1 teaspoon grated orange rind
1 teaspoon lemon juice
— 1 medium apple, peeled and diced (about 3/4 cup)
1 quart corn oil (about)

Confectioners sugar
In large bowl with mixer at low speed, stir together flour and milk. Add margarine, sugar, egg and salt; beat until well mixed. Stir in currants, raisins, citron, lemon and

orange rind, lemon juice and apple just until mixed. Cover and let stand in warm place for 1 hour. In 3-quart skillet, filling utensil no more than 1/2 full, heat corn oil to 375 degrees. Drop batter by generous tablespoons into oil, about 8 at a time. Fry 3 to 4 minutes or until golden brown, turning only once. Drain. When cool, sprinkle with confectioners sugar. Make about 30 doughnuts.

BRIDE'S FINGERS

4 cups unsifted flour
1/2 cup sugar
2 teaspoons anise seed, crushed

1/2 cup margarine, melted
1/2 cup corn oil
1/2 cup water
1 cup finely chopped walnuts
1/2 cup sugar
8 cup water
1 cup sugar
1 Tablespoon lemon juice

In large bowl stir together flour, 1/2 cup sugar and anise seed. Stir in margarine and corn oil until moistened. Stir in 1/2 cup water. With hands form dough into ball; divide into 4 equal portions. Stir together walnuts and 1/2 cup sugar. Roll out each dough portion into 14 x 7-inch rectangle. Sprinkle each with 1/4 of the nut mixture. Tightly roll up each rectangle from west side. Cut in 2-inch lengths. Place on ungreased cookie sheet. Bake in 350-degree oven 20 to 25 minutes, or until lightly browned. Cool. In small saucepan stir together 1 cup water, 1 cup sugar and the lemon juice. Bring to boil; simmer 10 minutes. Remove from heat. Drop 7 "fingers" into the syrup. Allow to soak for 10 minutes. Drain, cool on wire rack. Repeat with remaining "fingers." Make 25.

PUMPKIN CHIP COOKIES

1 can (1 lb.) pumpkin
2 Tablespoons milk
1 teaspoon baking soda

1 cup corn oil
2 eggs, lightly beaten
2 teaspoons vanilla
4 cups unsifted flour
2 cups sugar
2 teaspoons baking powder
2 teaspoons ground cinnamon
1 teaspoon salt
1 pkg. (6 oz.) chocolate chips
1 pkg. (6 oz.) butterscotch chips
In large bowl stir together pumpkin, milk and baking soda.

Add corn oil, eggs and vanilla, stir until well mixed. Stir together flour, sugar, baking powder, cinnamon and salt. Stir into pumpkin mixture just until moistened. Add chocolate and butterscotch chips. Drop batter by tablespoons onto ungreased cookie sheets 1-inch apart. Bake in 350 degree oven 15 to 20 minutes, or until lightly browned. Cool on wire rack. Makes about 9 dozen cookies.

Cookbook listing

"Many Lands Cookbook" compiled by the American Civic Association. Available for \$2.25 from The American Civic Association office, 131 Front St., Binghamton, NY.

"Our Daily Bread" compiled by the First Presbyterian Church of Penn Yan. Available for \$4.50 from: Our Daily Bread, c/o Mrs. Lois Hayden, 181 E. Lake Road, Penn Yan, NY.

"A World of Good Taste" compiled by the First Baptist Church of Penn Yan. Available by mail for \$2.50 from: First Baptist Church, 224 Main St., Penn Yan, NY.

"Brunswick Cooking Heritage" compiled by the Brunswick Historical Society, P.O. Box 1776, Croseyville, NY.

"Food, Flowers and Fireworks" compiled by the Essex County Adirondack Garden Club. Available by mail for \$6.95 from: Food, Flowers and Fireworks, Box 710, Lake Placid, NY.

"De Nieuw Paltz Keuken Boek" compiled by the Woman's Guild of the New Paltz Reformed Church. Available by mail for \$2.20 from: De Nieuw Paltz Keuken Boek, c/o Mrs. William Connor, R. D. Box 146, Gardiner, NY.

"A Book of Favorite Recipes" compiled by The Sisterhood of St. John's Ukrainian Orthodox Church of Johnson City. Available by mail for \$5.50 from: St. Mary's Sisterhood, St. John's Ukrainian Orthodox Church, 71 Virginia Ave., Johnson City, NY.

"Recipes of '76" edited by Bernice H. Fitchett. Available by mail for \$1.50 from: Bernice Fitchett, Recipes of '76, P.O. Box 1069, Poughkeepsie, NY.

"Favorite Recipes" compiled by The United Methodist Church of Blue Mountain Lake. Available by mail for \$4.50 from: Favorite Recipes, Blue Mountain Lake, NY.

"Cooking in Cooper County" sponsored by the Cooperstown Youth Commission and Cooperstown Youth Center. Available by mail for \$2.50 from: Fenimore Book Store, Lake Road, Cooperstown, NY.

"What's Cooking at Saratoga?" compiled by the Saratoga National Historical Park Women's Organization. Available for \$3.25 from: Saratoga N.H.P. Women's Organization, c/o Saratoga National Historical Park, R.D.#1, Box 113-C, Stillwater, NY.

"Southern Dutchess Bicentennial Cookbook" compiled by the Fishkill, East Fishkill and Wappingers Historical Societies. Available by mail for \$5.50 from: Fishkill Historical Society, Inc., P.O. Box 133, Fishkill, NY.

Henry K. came in 2nd

BUNN, West Germany (AP) — Henry Kissinger came in second behind West German Chancellor Helmut Schmidt.

President Ford trailed Mao Tse-tung in fourth place.

And President-elect Carter placed eighth behind Soviet leader Leonid Brezhnev. Those were some of the results reported Thursday of a German television man-of-the-year survey. ZDF, the second national channel, said that 20 per cent of 2,000 viewers who responded chose Schmidt, 15 per cent picked Kissinger, and 14 per cent voted for Mao as the most important personality of 1976.

Love can blossom anywhere

By JOE FRAZIER
Associated Press Writer

PORTLAND, Ore. (AP) — Mike Leite and Robin Perry lost their hearts on the artificial kidney machine.

The couple, who met at the kidney dialysis ward of the University of Oregon Health Sciences Center where both got regular treatments, announced their engagement Thursday. They plan to marry in September. Both now take treatments at Good Samaritan Hospital.

Since 1974, both had been spending 24 hours a week attached to the machine, which fulfills the kidney's function of cleaning the blood.

Miss Perry, 22, was on the morning shift, and got off the machine at noon. Leite, 26, came on at 1 p.m. for his treatment.

They met when she ran late one day and he arrived early.

"This nurse at the hospital was always trying to set me up with people," said Leite, an administrative trainee at the U.S. Veterans Administration Hospital here. "One day she stuck a piece of paper with Robin's phone number in my pocket, and I gave her a call."

Last Valentine's Day, they went out for the first time.

The couple said they are in a better position to understand each other's problems because they both have to go through the process three times a week.

"If one of us feels bad after a run (a stint on the dialysis machine) the other can understand it better," Leite said. "We can relate to each other better."

They plan a week's honeymoon in Hawaii after their wedding, but will have to make arrangements to get the

treatments while they are away.

Most of the \$23,000 annual cost of treatments is paid for by Medicare. The rest is paid for by insurance and by the Kidney Association of Oregon, which operates on contributions.

Leite jogs regularly and says kidney patients can do almost anything other people can, except that "we might not be as strong as someone else."

Since Leite's condition is hereditary, the couple said they probably will adopt children.

On the go

Ladies Elk's Auxiliary will meet at 136 Clark St., tonight at 8 p.m.

The Wednesday Diet Workshop will meet at Congregation Bnai Israel, John Smith Avenue, tomorrow from 2 to 4 p.m. and from 7 to 9 p.m.

Castigliones reunite

Four generations of the Castiglione family celebrated at a family reunion in 1976, when son, Thomas, came home on leave from the U.S. Navy in Seattle, Wash.

Residents of Auburn for 60 years, the Castigliones got together at the Dutch Hollow Country Club. Great-grandfather, Carmelo, 86; grandfather, Joseph, of R.D. #5, State Street Rd., Auburn; son, Thomas; and grandson, Joseph, enjoyed a dinner party with 30 other family members.



Dime coffee

Helen Russell last week served some of the last 10-cent cups of coffee sold at Maynard's Bakery and Luncheonette in West Springfield, Mass. She said she thinks the shop is

one of the last places in the United States to sell coffee for a dime. Yesterday, the price jumped to 15-cents a cup to keep up with rising wholesale prices.

Nothing like grandmother's apple pie

Back to basics is a current trend in cooking.

More frequently, people are turning to Mother's, Grandmother's or Great-Grandmother's recipes to recreate favorite dishes from the past.

Golden Apple Pandowdy, a combination of apples, spices and molasses, has been a favorite dessert for years. A pastry crust is filled with the apple mixture and covered with additional pastry. When the pastry has browned, remove the dish from the oven and "dowdy" it with a knife. Then pop it back into the oven for a few more minutes.

Apples are a favorite for every baking need. Golden Apple Pandowdy is just one of

the many desserts that these apples star in. Another all-time favorite is apple pie: add a touch of honey and vanilla, and you have a whole new taste sensation. Or, if you're short on time, prepare Mincemeat Stuffed Apples, a tasty dessert for the holiday season.

GOLDEN APPLE PANDOWDY

6 apples
Pastry for 2-crust, 9-inch pie
1/4 cup granulated sugar
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg
1/4 teaspoon cloves
1/2 teaspoon salt
1/2 cup molasses
1/4 cup water
1/4 cup butter or margarine
Peel, core and thinly slice

apples to make 10 cups. Line a 13x9-inch baking dish with half of pastry. Combine apples, sugars, spices and salt; toss lightly. Mix together molasses and water. Combine with apple mixture. Place in pastry lined dish. Dot with butter and cover with remaining pastry. Flute edges and prick pastry in several places. Bake at 400 degrees for 30 minutes or until lightly browned. Remove from oven. "Dowdy" the crust by cutting through crust and apple mixture with a sharp knife. Return to oven and bake 10 minutes longer. Serve warm. (Makes 6 servings.)

HONEY APPLE PIE

6 apples
3 Tablespoons flour

1 teaspoon cinnamon
1 teaspoon vanilla
Pastry for 2-crust, 9-inch pie
1/2 cup honey
2 Tablespoons butter or margarine
Peel, core and slice apples. Toss with flour, cinnamon and vanilla. Line a 9-inch pie plate with half of pastry. Fill with apple mixture. Pour honey over apples. Dot with butter or margarine. Adjust top crust, flute edge and cut slits to allow steam to escape. Bake at 400 degrees for 50 minutes or until apples are tender. (Makes one 9-inch pie.)

MINCEMEAT STUFFED APPLES

6 apples
1/4 cup prepared mincemeat

1/2 cup sugar
1-1/2 cups water
1 Tablespoon lemon juice
Core apples without cutting through blossom end. Place in shallow baking dish. Place 2 Tablespoons mincemeat in

center of each apple. Combine sugar, water and lemon juice. Pour into baking dish. Bake at 350 degrees 45 to 50 minutes or until apples are tender. Baste occasionally with syrup from pan. (Makes 6 servings.)

Dean's list students

Lyon

Davis

Richard C. Lyon of East Lake Road, Auburn, has been named to the dean's list at Florida Technology University.

To be eligible for the honor, a student must compile a 3.40 grade point average while taking a minimum of 12 quarter hours of study.

Michael Davis, son of Mr. and Mrs. Richard Davis of 6 Norma Drive, has been placed on the dean's list at the Pennsylvania State University College of Arts and Architecture for achieving a grade point average of 3.50. A sophomore, Davis is majoring in architecture.

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